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{page 10}

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CALGARY metro®
Tuesday, July 19, 2011
www.metronews.ca
News worth sharing.

Record power demand

- Both Calgary and Alberta energy providers report highest summertime usage to date
- Hottest day of the year as temperature tops 28 C
- Heat to ease slightly in days ahead

JEREMY NOLAIS
@METRONEWS.CA

KATIE TURNER/METRO

▶ Jace Brown, 3, attempts to help others beat the heat at Eau Claire water park yesterday.

Hours of prolonged heat fuelled Calgarians to a new power-usage feat yesterday.

As temperatures flirted with the 30 C mark for much of the afternoon, local residents seemingly flocked to their air conditioners in droves.

By late afternoon, energy company Enmax reported a record summertime demand of 1,571 megawatts — just topping a previous mark set in August 2008.

"When you see extended periods of either extreme cold or extreme hot temperatures, (that's) when you see a steady increase of power consumption," said spokesperson Doris Kaufmann.

Locals were not alone in their quest to beat the heat, as the Alberta Electric System Operator also reported record summertime usage for the entire province. About 9,550 megawatts had been used as of 3 p.m.

"It was certainly significant," said spokesperson Dawn Delaney.

Road rude

Driving each other mad

- Most drivers more annoyed by others than five years ago: CAA
- Calgary police not surprised {page 3}

Burgers, Thai style

Add some spice to your chicken burger {page 13}

Growing scandal

Another U.K. police official resigns as phone-hacking scandal rages on {page 5}

Can I still buy a new townhome in McKenzie Towne?
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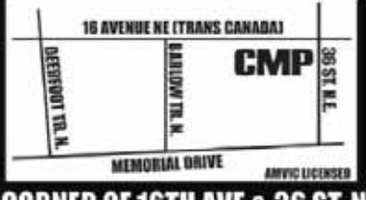

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Driving habits fuelling rage: Survey

Brushing teeth, sandwich making and, of course, text messaging are just some of a host of activities taking Calgary motorists' attention off the roads, say police.

And that, suggests a new national survey, is also increasing frustration for fellow motorists.

The Canadian Automobile Association reports 75 per cent of drivers nationwide feel more frustrated by the habits of other motorists now than they did five years ago.

"People get upset," said Const. Mike Hagen. "Is that person driving 30 (kilometres) because they are driving with an elbow or not paying attention? We have all been there, I have been behind it."

Hagen said one individual brushing his teeth while driving even took a few seconds to pop his head out the window and spit right on his cruiser.

Calgary sales representative Louie Perri has definitely noticed a change in driving habits.

"People are in a hurry, nobody cares about anybody," he said. "Calgary drivers used to be some of the best drivers out there. Now it's not like that anymore."

Hagen urged good drivers to stay calm, adding the province's new distracted-driving legislation should help when it rolls out in September.

JEREMY NOLAIS

Car plows through homes

Occupants of car trapped inside after it came to a stop Jaws of Life used to extricate man, woman

KATIE TURNER
@METRONEWS.CA

Residents of two homes in the city's southeast are thankful no one was injured when a vehicle tore through their garages early yesterday morning.

Around 1 a.m., emergency services were called to Sunmills Drive SE after a car travelling at a high rate of speed knocked over a tree, passed through a garage wall and into the garage next door.

"It was like an explosion, we didn't know what the noise was and then it was panic about what happened," said Tracey Buchanan, the owner of the first home the car struck.

Her daughter, Beth, said she recently saw something similar happen in their community.

"I witnessed this happen about a month ago, just around the road. A drunk driver did this to a house, so I was like, 'Are you kidding me? Again?'"

Randy Giberson, who lives in the home next door where the car ended up, said the vehicle came to a halt just a foot away from his Mazda Miata, but he wasn't concerned about any of his possessions at the time.

"All this stuff can be replaced ... but a human life can't be, so I'm just grateful nobody was seriously hurt," he said. "It's just amazing that they survived."

Alcohol a factor?

- According to Duty Insp. Steve Ellefson, alcohol may have been a factor in the collision.
- Witnesses reported the vehicle was involved in a hit-and-run prior to driving into the two houses.
- The damages are estimated at $60,000.

KATIE TURNER/METRO

▶ Randy Giberson surveys the damage done to his southeast home and his neighbour's home after a vehicle went through both garages early yesterday morning.

Police service forced to shift gears on vehicles

Calgary police are setting a course for testing in hopes of finding the right vehicle to roll into the future.

Right now, the service relies on Ford's Crown Victoria for high-speed pursuits. However, the manufacturer has ceased production on the widely used model.

Don Perlin, fleet services co-ordinator, said only a few select vehicle models

300 Right now, 300 Ford Crown Victorias make up the bulk of the Calgary Police Service's vehicle fleet.

— three to be precise — can handle the rigours of police work.

"We have bought enough vehicles to get us through a year and a half or two years before we have to make a critical decision," Perlin said.

JEREMY NOLAIS/METRO

▶ Police are working to someday replace cruiser models like this.

Police plan to begin test drives with both a Dodge Charger and Chevrolet Caprice in the near future. They are also anxiously awaiting the new Ford Interceptor due out this fall.

Perlin said handling, price and accommodation for policing equipment will all come into play when making a decision.

It's a long process," he said. "We are hoping that all three cars will be available for us to give them real good look over."

JEREMY NOLAIS

1 news

New research ties second-hand smoke to hearing loss in teens. Scan code for story.

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On the web at metronews.ca

Can investors ever look forward again to good news on U.S. job growth? Allan Small has more at metronews.ca/investing.

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BIENNIAL CONVENTION

Lutherans welcome gay clergy, marriage

Gays and lesbians will be allowed to become ministers in the Evangelical Lutheran Church in Canada after a vote by delegates at the church's biennial convention in Saskatoon.

Delegates voted 205 to 114 in favour of a motion that sexual orientation does not disqualify a candidate for the ministry. Delegates also voted 192 to 132 to allow ministers to conduct or bless same-sex marriages, according to their consciences.

The Evangelical Lutheran Church is Canada's largest Lutheran denomination, with 152,500 baptized members in 607 congregations.

The Evangelical Lutheran Church in America voted to permit non-celibate gays and lesbians as clergy in 2009.

THE CANADIAN PRESS

Sight gone for good

A University of British Columbia graduate student whose eyes were gouged in an attack during a trip home to Bangladesh will not see again, doctors say. Rumana Monzur, 33, was attacked in June in Dhaka. Her husband is in custody. She returned to Vancouver for medical treatment, but a statement from the university says after four surgeries, doctors have determined her injuries cannot be repaired. THE CANADIAN PRESS

Family run raises $22K

A family who ran 600 kilometres from Vernon, B.C., to Vancouver has raised $22,000 for cancer research. Six children ranging in age from six to 15 in the Preston-Gosselin clan left their home on Canada Day and finished the run two weeks later. They exceeded their goal of raising $20,000, with cash from a text-to-donate number still coming in. The run was inspired by Terry Fox's cross-country Marathon of Hope in 1980. THE CANADIAN PRESS

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Married men seek heart treatment faster: Study

It's suggested that wives played a key role in urging their husbands to get to a hospital But the reverse was not the case for married women

DOUG NICHOLSON/HANDOUT/THE CANADIAN PRESS

Men who are married or in a common-law relationship are known to enjoy a lot of health perks compared to single men. And new research suggests that includes getting to hospital sooner for a suspected heart attack.

A study of more than 4,400 Ontario heart-attack patients found that 75 per cent of men with live-in spouses who had chest pain sought emergency medical care within six hours of their first chest pain, compared with 68 per cent of single and divorced patients and almost 71 per cent of widowed patients.

"I would love to do this study in 30 years time on everyone now in their 30s and 40s because I think gender roles are much more loosely defined now."
DR. CLARE ATZEMA

But for women suffering chest pains, having a live-in partner made virtually no difference in arrival time compared with women without spouses, said lead author Dr. Clare Atzema, an emergency department physician at Sunnybrook Health Sciences Centre in Toronto.

"So we think it's related to the caregiver role, although we didn't specifically study that," said Atzema, who conducted the 2004-05 study with co-authors at the Institute for Clinical Evaluative Sciences. It appears in this week's issue of the Canadian Medical Association Journal.

It may be that women are more likely to take the caregiver role in the relationship and advise their spouse to seek care earlier, Atzema said, whereas men may be allowing women "to do that for themselves."

However, married men in the age group studied — late 60s and 70s — have traditionally not taken the caregiver role that would see them urging their wives to get to hospital quickly.

Atzema also pointed out that males on the whole don't tend to seek a doctor's care for any number of health issues, compared with women.

"I think probably the married men wouldn't, too, if they didn't have someone there encouraging them," she said. "It's like asking for directions, it's not just their sort of role to do it."

THE CANADIAN PRESS

Big win, Large heart: Jackpot donor dies

A Nova Scotia woman who made headlines around the world for giving away most of a multi-million-dollar lottery win has died.

Violet Large died Saturday at a hospital in Truro at the age of 79. Large and her husband, Allen, won $11.2 million in a Lotto 6/49 jackpot last year. But rather than spend their winnings, the Lower Truro couple quietly gave away most of the fortune to family, friends, churches, charities, fire halls and hospitals where Large was treated for ovarian cancer.

After their win, the Larges said they were content to continue living in their tiny 147-year-old house. They said they weren't "travellers" or "bar-hoppers" and had decided a week before collecting their cheque to give most of the money away.

"We have each other — that's the main thing," Violet said in an interview in November.

Last month, the Larges were named individual philanthropists of the year by the Maritime Philanthropy Awards.

THE CANADIAN PRESS

MICHAEL GORMAN/THE CANADIAN PRESS

▶ Allen and Violet Large after their win in 2010

Tabloid hacking scandal heats up

- Upheaval triggered in upper ranks of U.K. police
- Billions knocked off value of Murdoch's News Corp.

Britain's tabloid phone-hacking scandal enveloped the London police force yesterday with the rapid-fire resignations of two top officers and claims of possible illegal eavesdropping, bribery and collusion. U.K. officials immediately vowed to investigate.

Prime Minister David Cameron, feeling the political heat from his own close ties to individuals within Rupert Murdoch's media empire, cut short his trip to Africa and called an emergency session of Parliament for tomorrow to address lawmakers on the scandal.

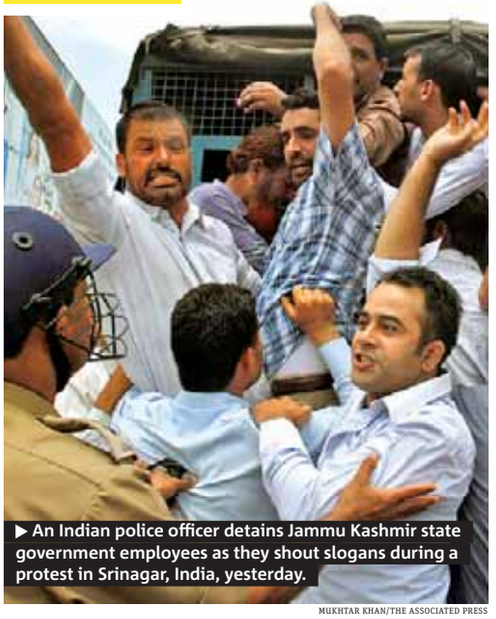
U.K. lawmakers will grill Murdoch, his son James and Rebekah Brooks, the ousted chief executive of Murdoch's U.K. newspaper arm, in a widely anticipated televised public hearing on the scandal today. Lawmakers hope to learn more about the scale of phone hacking by U.K. journalists and who — if anyone — in Murdoch's empire was aware of what allegedly took place at the now-defunct News of the World tabloid.

Assistant Commissioner John Yates — Scotland Yard's top anti-terrorist officer — and police Chief Paul Stephenson have resigned for links to an arrested former executive from Murdoch's News of the World tabloid. THE ASSOCIATED PRESS

Whistleblower

- One of the whistleblowers on the phone hacking — former News of the World journalist Sean Hoare — was found dead yesterday northwest of London.
- Police said the death was being treated as unexplained but was not considered suspicious.
- Hoare was quoted by The New York Times as saying that phone hacking was widely used and even encouraged at the News of the World under then-editor Andy Coulson, who was arrested as part of the hacking investigation.

Demands. Up



▶ An Indian police officer detains Jammu Kashmir state government employees as they shout slogans during a protest in Srinagar, India, yesterday.

MUKHTAR KHAN/THE ASSOCIATED PRESS

State workers cry out

India's Jammu Kashmir state employees wanted payment of arrears in salaries, raising of retirement age and other demands.

Second arrest for Iranian blogger

A dissident Iranian actress and blogger was arrested as she prepared to leave for Germany to write a blog for the Deutsche Welle radio station about the women's soccer World Cup, the semi-official ISNA news agency said yesterday.

THE ASSOCIATED PRESS

Pegah Ahangarani, 27, was arrested last week, ISNA said, citing the prosecutor's office in Tehran. She had been arrested briefly in 2009 after the disputed presidential elections over charges of playing a role in the post-election riots. The broadcaster urged Iranian authorities to release her. THE ASSOCIATED PRESS

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DAVID COOPER/TORSTAR NEWS SERVICE

▶ TTC passengers line up for shuttle buses in Toronto. During the first quarter of the year, overall employment in the city rose by just under two per cent, with many of the jobs being of relatively high quality. More than 80 per cent of the increase in employment over the past quarter was in full-time positions.

Toronto ranked top performer

◗ CIBC compared city economies by weighing labour and job markets ◗ Population growth also key

A vibrant labour and housing market has pushed Toronto to the top of CIBC's list of best-performing Canadian metropolitan economies, according to a report released yesterday.

Kitchener, Ont., ranked second, was followed by Winnipeg, Regina and Montreal.

The bank's Canadian Metropolitan Economic Activity Index found the economy in Canada's largest city is firing on multiple cylinders, driving it to the top spot among the country's biggest 25 cities.

Its first-place ranking is largely due to its vibrant labour and housing market, CIBC deputy chief economist Benjamin Tal wrote in the report.

Toronto's robust activity has outpaced the national average by a wide margin, he said.

Meanwhile, the real estate market remains one of the hottest in the country, with housing starts nearly doubled from the same period last year.

Population growth is also among the highest in Canada.

Regina continues to experience a growing population and job market, with the second-lowest employment rate in the country and the lowest personal bankruptcy rate among urban centres.

Montreal topped CIBC's previous ranking but slipped to fifth.

St. John, N.B., Thunder Bay, Ont., and Saguenay, Que. posted negative growth.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contracts
- 45.40 (13,254.14)	- 0.50¢ (104.29¢ US)	- $95.93 US ($1.31 US)	$4.524 (+ 1¢)	$1,602.40 (+ $12.30)

RETIREMENT SAVINGS

Feds start pension plan tour

The federal government is launching a cross-country tour to discuss the potential for pooled registered pension plans as another option to help Canadians save for retirement.

The plans would give small businesses and self-employed people more resources to set up retirement programs for employees by allowing employers to pool money with other employers.

Finance ministers first agreed to examine the potential for the plans, called PRPPs at a December 2009 meeting on pensions in Whitehorse, as part of a report that noted Canadians may not be saving enough for their retirement.

Pooled plans would be managed by a regulated financial institution, which would help reduce costs for a small employer.

The government has said a high level of regulatory harmonization across federal and provincial governments will be required to increase the scale of such plans.

THE CANADIAN PRESS

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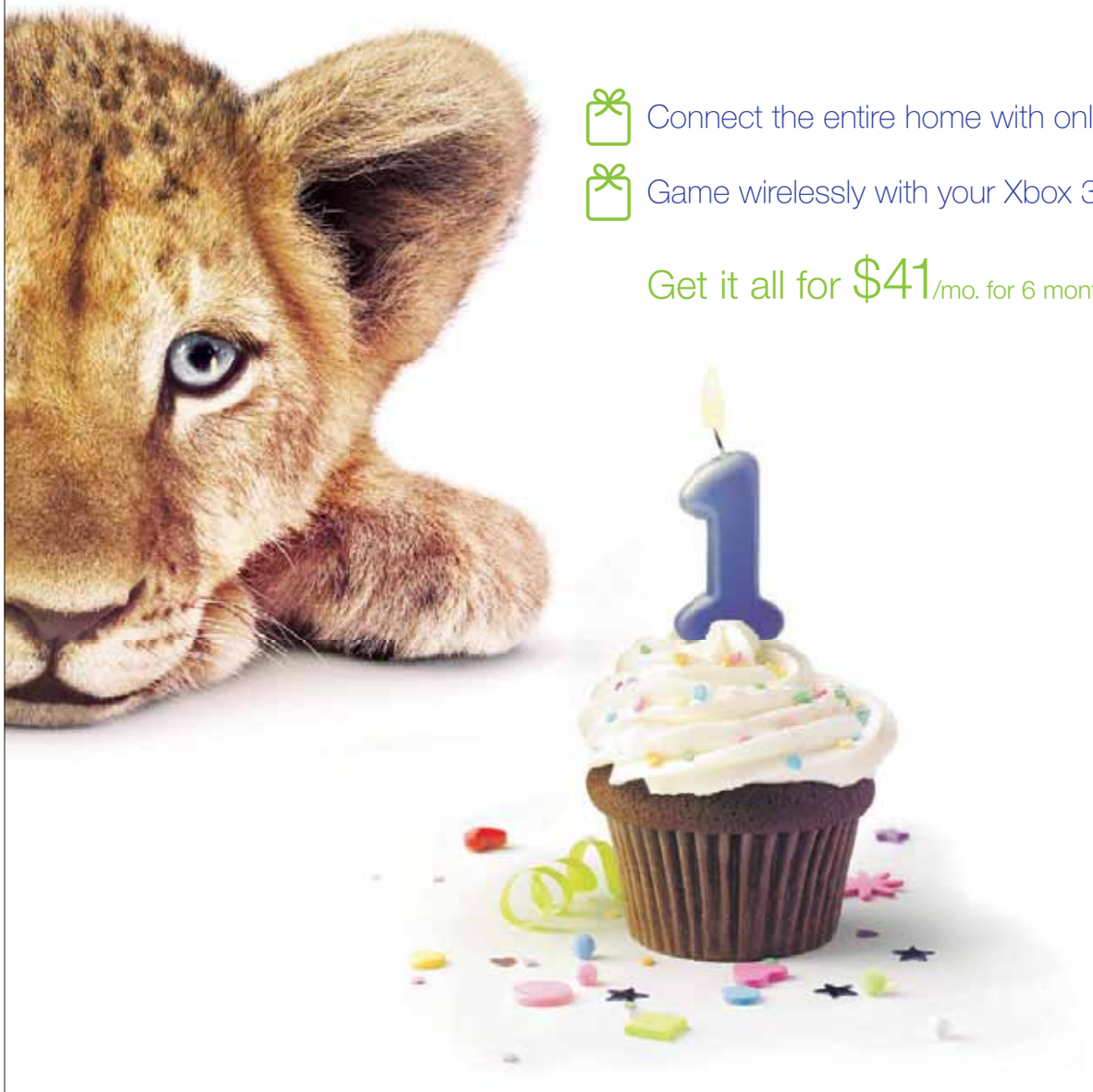

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HERE'S TO 250 KM WORTH OF MEMORIES

SHE SAYS ...

JESSICA NAPIER
METRO

After 14 years, my parents are finally giving up their ancient minivan and upgrading to something a bit more appropriate for their retiree years. And as much as I hate that rusting seven-seater beast, I'm also bit nostalgic.

I found myself getting strangely emotional as the "$250 or best offer" ad went up on Craigslist. In saying sayonara to that minivan, I'm hammering another nail into the coffin of my youth. And so, I thought it only fitting to write a proper eulogy:

Chevrolet Venture, Forest Green
August 1997 – July 2011

I remember the day we brought you home, all shiny and full of promise. Those automatic sliding doors and rear headphone jacks were the epitome of automobile innovation in the mid-90s. You were never cool, but as a 12-year-old I thought you were a pretty big deal.

I crawled across those seats thousands of times as you shuttled us to school dances and part-time jobs at the mall. Your roomy interior was perfect for a date at the drive-in or an out-of-town tennis tournament.

There have been signs that this day would come: Broken power doors, failed air conditioning, a glove compartment sealed with duct tape. Finally, with windows jammed shut and a tendency to overheat on the highway, you've become a hazard.

You gave me my first taste of independence as I sat behind the wheel and learned how to drive.

When Mom and Dad were out of town, you took us to the liquor store so we could buy hard lemonade with our fake IDs.

You were there when I packed up my childhood in laundry baskets and moved to university. I slumped against your weathered exterior and held back the tears as I told my parents to leave because they were embarrassing me.

You came back for me when I had to move home and look for a job, and again when I moved to my grown-up apartment in the city. You were old and slow at that point, but my god you could carry a lot of boxes.

You've grown tired over the years — two kids, multiple moves and endless trips to Ikea have taken a toll on your once state-of-the-art interior. There have been signs that this day would come: Broken power doors, failed air conditioning, a glove compartment sealed with duct tape. Finally, with windows jammed shut and a tendency to overheat on the highway, you've become a hazard.

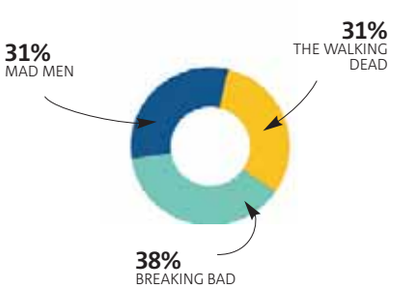
It's hard to say goodbye to something that's been around for over half of my life, even if that thing is a piece of scrap metal. But alas, the time has come.

Here's to 250 kilometres and over a decade of memories. Rest in pieces, old friend.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Welcome back, Breaking Bad. Which is the better AMC drama?



Local tweets

- **@JonChristopherD:** Anyone complaining about the weather in the #yyc right now needs to be smashed in the mouth with a brick. #ilovesummer !!!
- **@DannyKidRadio:** so weird.. I dont see anymore cut offs and cellulite around town anymore.. oh right, no more stampede #yyc
- **@jeremybrown:** The Blink 182, Rancid, Against Me! tour is reason enough to move back to Calgary AB. Amazing lineup!
- **@calgaryrants:** My feet are burning on my deck. I guess the previous homeowner didn't factor on ceramic tile and composite decking would be hot hot! #yyc
- **@_aiw:** going to paint a dinosaur statue in downtown #drumheller with my aunt and it WILL have a saddle on it! Represent the 403 #yyc
- **@jacileybear:** There is a concentrated population of gross shirtless guys near crack macs this time of year #yyc
- **@kimbobee:** Wearing a metal headband in this heat is like wearing a frying pan on my head. #notwinning #yyc

Worth Mentioning

RECORD. The culmination of the Women's World Cup final between Japan and the United States set a new record for tweets per second, eclipsing recent news events such as the wedding of Prince William and Kate and the death of Osama bin Laden.

Japan twice came from behind to draw 2-2 with the U.S. after extra time before winning a penalty shootout on Sunday in Frankfurt, Germany, and lifting the trophy for the first time.

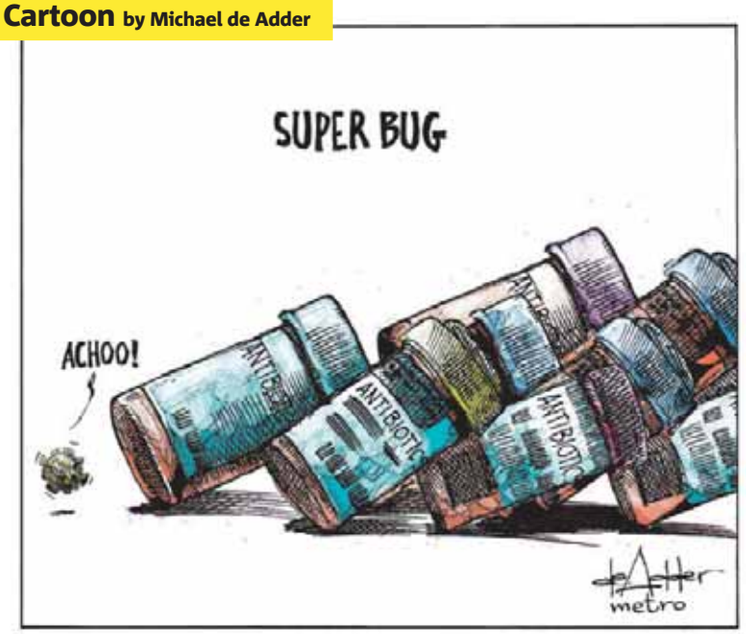
The exciting climax drew 7,196 tweets per second, according to Twitter. Paraguay's penalty shootout win over Brazil in a Copa America quarter-final later the same day came close to beating it with 7,166 and is now second on the list.

The previous record of 6,939 was set just after midnight in Japan on New Year's Day. Other spikes include bin Laden's death (5,106 per second) and the Super Bowl in February (4,064).

Sunday's record-breaking figures reflect a sharp rise in Twitter usage. Its users now send 200-million tweets per day, compared to 10 million two years ago.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Watch out — these condiments are hot

Austrian police say thieves have made off with an unusual heist —21 tonnes of mustard and ketchup.

The loot was in a semitrailer parked in a lot over the weekend northwest of Vienna.

Police say the truck driver showed up yesterday to deliver his cargo only to see the trailer missing.

Police assume the thieves were more interested in the trailer than its contents.

Authorities had no price tag for the stolen condiments but said the trailer was worth about 15,000 euros — more than $20,000 US.

THE ASSOCIATED PRESS

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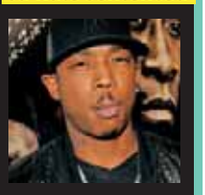
2 scene

Ja Rule sentenced



Rapper and actor Ja Rule was sentenced yesterday to more than two years in federal prison for failing to file income tax returns.
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Charlie Sheen to return in new sitcom based on the film Anger Management

Chris Evans vs. the world

Captain America star chats with Metro about the pressure of fame and the comforts of home

NED EHRBAR
METRO WORLD NEWS
SCENE@METRONEWS.CA

Chris Evans know his life is changing, and he's been trying to prepare for it.
With the release of Captain America: The First Avenger, the Boston native is experiencing a new level of visibility, with his face on posters, billboards and toys around the world. Metro sat down with the charming and affable Evans for a candid chat about being a superhero, getting advice from Iron Man and going home again.

So now that the big week is here, how has it been?
It's been OK, it's been OK. I think in my head I made it a lot worse than it was going to be, preparing for the worst. We'll see if things change when the movie comes out. Hopefully it won't, hopefully things will stay the same. I like my privacy. It's not like I don't leave the house. I just like kind of being able to do normal things. I like being able to go to a farmers market or a gym or a grocery store, you know what I mean?

Is it weird to have the movie opening the same weekend as Comic-Con?
If the fan reaction is good, it'll be great. If the fan reaction's not good it could be a wildfire of disaster. You never know with these things. They're so picky, and you just want to make sure they're happy, because without them, we don't make these movies.

HANDOUT

▶ Chris Evans stars in Captain America: The First Avenger, a film based on a comic series published by Marvel Comics.

And now you're playing Captain America again in the Avengers, which is currently in production. How is it reprising the role so quickly?
I mean, it is what it is, and I obviously would've liked more of a break, but no such luck. So you know, you deal with it. It's OK. I mean, I don't know. There are certain things that you struggle with, and then you have to stop yourself and say, "Wait a minute, but Chris, this really is such an insignificant obstacle, let's not make a meal out of it." So reprising the role is no problem, it's no problem. Loving every second of it.

And now you're part of an ensemble, with Robert Downey Jr. as Iron Man, Chris Hemsworth as Thor, Mark Ruffalo as the Hulk...
I love being part of an ensemble. If I had my way, I'd only do ensemble movies. I love having a group and a team. It's just a more fun experience for me when there's a bunch of us to share it with.

You've mentioned that Robert Downey Jr. has been giving you lots of advice.
He's the best, man. He's given me a few pieces of wisdom. I've talked to him about stress and insecurity and the stuff that I struggle with when it comes to doing interviews and dealing with celebrity, and he said, "Look Chris, the way you cope with this is by talking about it. The healthiest thing you can do is bring it to the surface. Don't try to deal with it on your own." He's got a very healthy sense of wisdom about him. He's been through a lot.

You played a great parody of a conceited movie star in Scott Pilgrim vs. the World. What do you do to make sure that you never become like that yourself?
(laughs) That's a good question. I've got a great group of friends and family. I know it's a cliché answer, but it's true. My friends and family are just fantastic. They're all back in Boston, and they all just keep you grounded.

Now that you've bought a home in Boston, how much time do you still have to spend in L.A.?
Well, none if I don't want to. It's up to me how much I want to pursue becoming a giant movie star. Some actors, they finish working and they get right back to the grind of finding their next gig. I don't know if I'll be that driven to find the next job right away. As soon as we finish Avengers, I'll probably go back to Boston for a while.

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Bieber, Gomez: Wedding crashers

Couple surprises guests at a Malibu wedding over the weekend

Justin Bieber and girlfriend Selena Gomez can reportedly add wedding crashing to their list of favourite activities, as the pair dropped in on a fancy Malibu wedding over the weekend, according to TMZ.

Sources say Bieber and Gomez were strolling on the beach when they heard his song One Less Lonely Girl playing at a nearby reception, so they decided to drop in. Luckily, they were more than welcome.

"We just crashed it. We heard a party so we decided to just come. So let's party," Bieber told guests when the groom introduced him to the crowd.

METRO

GETTY IMAGES

▶ Justin Bieber and Selena Gomez

Kate to visit Queen in Scotland

Having successfully wooed Hollywood during her royal visit, Princess Katherine has another high-stakes trip on her schedule: spending time with Queen Elizabeth in Scotland at the end of August, according to the Telegraph.

"This is quite an important visit for Kate because, believe it or not, the Queen does not really know her very well at all," a source says.

"Kate has never had an invitation before to stay at Balmoral, but she is family now and the Queen wants to get to know her. The Queen needs to present Kate to Scotland. The time has come."

METRO

GETTY IMAGES

▶ Princess Katherine

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Glee's Colfer finds out fate on Twitter

Glee star Chris Colfer had to find out that the show's upcoming season would be his last via Twitter.

The series' boss, Ryan Murphy, announced last week that the third season will end with several main characters graduating, only apparently forgot to tell the actors.

"I didn't necessarily know that it was going to be our last season next year," Colfer tells Access Hollywood. "I knew something like that was coming up eventually. I mean, we can't be there forever." METRO

Talking points

No wedding for Brad and Angelina, yet

Reports of an upcoming wedding for Angelina Jolie and Brad Pitt are greatly exaggerated, at least according to their local mayor in the south of France. "There are no plans for them to marry that I know of — and I would know," Michaël Latz, mayor of Correns, tells People magazine. Sources had told Us Weekly that the famous couple would be marrying in Correns' village. "Every year, the rumour resurfaces," Latz says. "More noise from the American press to sell a few more pounds of paper."

METRO

No rom-coms for Radcliffe post-Potter

With the Harry Potter franchise behind him, Daniel Radcliffe is looking forward to new projects, but don't expect to see him in a romantic comedy anytime soon. "I don't want to make a boring love story about two people who meet and then are happy. That's boring, and that doesn't exist," Radcliffe tells MTV News. "I guess I like the dark stuff. I find it more interesting."

METRO

Daniel Radcliffe

The show will go on for Lopez, Anthony

Despite their recently announced separation, Jennifer Lopez and Marc Anthony are reportedly still doing a reality show together, according to Us Weekly. "Q'Viva, the hotly anticipated 2012 celebration of Latin music, artistry and dance, is set to film this autumn in South America with Jennifer Lopez and Marc Anthony as previously announced," a rep for the show's production company tells Us Weekly. "Both Jennifer and Mark are committed to the Q'Viva project and will work on it as planned. The show goes on."

METRO

Celebrity tweets

"220 lbs this morning, started at 236.4 lbs"

@russellcrowe

@SteveMartinToGo

"I will feel so bad if I'm not one of the celebrities on the hacked list of the News of the World."

@SarahKSilverman

"Sometimes when I'm really lonely I talk to myself but I call myself 'you guys'"

@nicolerichie

"Ladies, we need to find some big mouth guy to spread a rumor that sleeping all day is really sexy."

3 life

Fitness pick

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Married men more likely to get checked after heart attack scare

ISTOCK PHOTO

▶ You no longer need to worry about eating before you swim.

Eat up and dive in

Dispelling the myths surrounding swimming and chowing down ◗ University swim coach encourages his team to fuel up before their workouts ◗ Veggies, fruit and dairy help muscles

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CELIA MILNE
LIFE@METRONEWS.CA

Still waiting for an hour to swim after eating?

For decades, our mothers have been warning that we need time to digest our food before jumping in the water.

Are they right?

"It's an old wives' tale," says Mike Blondal, a kinesiologist and head coach of the University of Calgary Dinos swim team, the current men's and women's Canadian Interuniversity Sport champions.

"We encourage our kids to eat while training. They'll have power bars or a bowl of nuts and then swim," he says.

"They need this for recovery before the next workout."

To avoid food before swimming would not be practical for many of Blondal's swimmers.

"We have students who are in class all day. They eat a sandwich on the way to the pool and then they swim."

"I am sure no one has died because they ate before they went swimming."
MIKE BLONDAL

If they ate a very large meal before swimming, he admits, they might feel bloated during the workout, and it may affect their performance, but it wouldn't be dangerous.

"I am sure no one has died because they ate before they went swimming," says Blondal.

The Dietitians of Canada recommend eating a variety of foods to fuel a healthy active lifestyle.

Vegetables and fruit, grains, and dairy products fuel active muscles during workouts. Proteins such as meat and nuts, as well as milk, help to build and repair muscles after having a heavy workout.

Where pho, curries, subs & more mingle

Basil Ultimate Pho offers a fresh take on Vietnamese

ANH CHU

▶ Mekong-style beef satay noodle soup ($9.50)

LUNCH RUSH

ANH CHU
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Basil Ultimate Pho & Fine Vietnamese Cuisine is a casual and spacious restaurant with modern decor. The restaurant was nearly full but we arrived at the tail-end of the lunch hour and were seated right away.

I started with delicious grilled beef summer rolls: vermicelli noodles, lettuce and grilled beef wrapped in rice paper (3 for $6.25).

Basil is well-known for its Mekong-style beef satay noodle soup ($9.50). The spicy and creamy broth with peanut overtones is the best I've had in Calgary. There is a copious amount of thinly sliced beef and the portion is almost too large to finish.

There are also items you won't see at most Vietnamese restaurants, like the do-it-yourself salmon salad rolls ($14.95) or pork shoulder and boiled eggs braised in coconut juice ($10.50).

You'll also find curries, Vietnamese subs, vermicelli bowls, vegetarian dishes and innovative appetizers. With efficient service and reasonable prices, Basil is definitely worth visiting at least once.

Basil Ultimate Pho & Fine Vietnamese Cuisine
2770 32nd Ave. N.E.
403-457-0808
Reservations: Yes
Social lunch: Yes
Price range: $5.95 - $14.95
Rating: 4 out of 5

THE CANADIAN PRESS H/O

Thai Chicken Burger

Turn up the heat and combine frozen extra lean chicken burgers with a spicy peanut sauce, green onion, shredded carrot and chopped cilantro for a Thai-inspired meal.

Preparation:

1. In bowl, blend peanut butter with ketchup and chili pepper paste. Spread on hamburger buns. Grill burgers and top with green onions, carrots and cilantro to taste.

THE CANADIAN PRESS/ SOBEYS COMPLIMENTS BALANCE

Ingredients:

- 45 ml (3 tbsp) peanut butter
- 15 ml (1 tbsp) ketchup
- 10 ml (2 tsp) chili pepper paste
- frozen chicken burgers

Garnish

- Chopped green onions
- Shredded carrots
- Cilantro sprigs

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TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

My life is solid at 37 — I am educated, have a successful career, am decent looking, fit, can carry on a conversation etc. However, I just haven't found the right woman yet. I am a romantic, in that I abstain and I am looking for a girl who is saving herself for the right guy. It's obviously harder to find that as the years go on. Are there any virgins out there?

(Im)patiently waiting

Claire: Dear (Im)patient,

I admire your conviction the way I admire the Space station: from afar, unable to comprehend how one actually gets there. I actually have two answers for you: the first is do your research — the web allows you to find anything you want, anywhere. There are websites for virgins just as there are websites for horrifying outfits spotted at Walmart — click away and see what comes. The second answer is that perhaps you need to do what fornicators do: compromise. The right girl for you may not be a virgin, but she may be very selective and as successful, decent looking and able to carry on a conversation as you are. Keep us posted. We want to hear how it goes!

Andrea: Dear (Im)patient,

Don't fret: there is a woman who's older than 13 out there for you. Virginity is pretty foreign to our North American culture ever since those darn hippies, but it's not abnormal across the globe — there are still pockets of people who share your thoughts. Incidentally, some also make it a law and kill people who break it, so I hope that you're a little more open-minded.

Aside from biology, what do you think you'll get out of a virgin versus a veteran? If she makes you feel like a better man just by being around her, would you really care?

My advice: keep looking, but don't get trapped in your own values.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

GUARD YOUR PRECIOUS ALONE TIME WITH BABY

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ISTOCK

▶ Who isn't excited at the thought of a newborn baby?

Hi Charles the Butler!
I'm due to have my first baby in a few weeks. It's the first baby in our family for the past 25 years, so I understand that everyone is excited. However, all of my out-of-town family is now planning to visit for the birth and for the weeks following. How do I tell them I'm more than happy that they all want to be here with me at such a special time, but that I need privacy for a few weeks to get adjusted to all of this?

Wanting alone time with my baby

Dear Wanting alone time with my baby:

The birth of a new baby is an exciting event across all cultures and amongst all generations. Your somewhat overzealous family, however, is causing you anxiety and the baby has yet to even arrive! I think this is a job for the father-to-be to make some good-natured telephone calls. He should say how excited you both are at their interest and support, but that until the birth has happened and everything is happy and healthy and settled we are asking that everyone please show some patience before we start booking visits.

The only person I think you should have in your home, other than your husband and new baby, is both of your respective mothers who may be eager to help. Their assistance will likely allow you to get some much-needed sleep. Don't let other family members guilt you into letting them come before they are welcome. Stand firm.

HAVE A QUESTION? EMAIL AT ASKCHARLESTHEBUTER@METRONEWS.CA.

ASK FOR A RAISE

FUN AND FRUGAL

LESLEY SCORGIE
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Get ready to ask for a raise. Even an extra $1,000 can help you build your net worth.

According to the Society for Human Resource Management, 33 per cent of people say they're freaked out about salary negotiations, so they don't pursue it. Yet 80 per cent of recruiters and managers are willing to negotiate.

Step 1: Stick to the facts

Research comparable salaries for comparable jobs where you live. Use websites like Monster.ca, Workopolis, or Payscale.com.

If you belong to an association or alumni group, check whether they've got research on salaries and benefits you can review.

Salary is only one part of a total compensation package — there are other factors to consider such as benefits, stock options and retirement plans.

Tip 2: Set Goals

Once you've got your facts straight, set a realistic goal before you go in for negotiations. Perhaps you want a raise of three to five per cent. Or you may wish to focus on an actual number like $5,000.

Tip 3: Negotiate

Don't barge into your boss's office asking for a raise after they've had a hectic day. Wait until you both have time to sit down and talk.

It's also nice to give your boss a heads up about the nature of the discussion so that they can prepare. They may need to consult with an HR advisor about salary and benefit policies.

Another optimal time to discuss a raise is during a performance review.

The art of complaining

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

I complain from time to time ... at restaurants, that is ... but I also offer compliments when they're due.

Good restaurants appreciate this because it gives them an opportunity to fix a problem.

I know many people who've had a bad experience at a restaurant but don't say a word.

They walk away grumbling, feeling they've wasted their money.

But the right word in the right ear can make everything so much better.

There's an art to complaining. Always try to be nice about it, and if there was something good about the meal, either the food or the service, mention that at the same time.

If you do it right, everyone leaves happy. Best of all, a well-handled complaint can be a teaching moment for your kids.

ISTOCK

▶ A well-handled complaint can help improve service.

About 10 years ago I had dinner with my daughter, then around 16 years old, at an upscale family restaurant in California.

The food was excellent and the young waitress worked hard to please us.

But, there was one small problem. My daughter hates onions on her hamburger, as we told the waitress, but when it arrived there they were. It wasn't a big deal; they were easily picked off.

I thought about letting it pass but elected to say something when the waitress asked us how we were enjoying the food.

"The food was great," I told her. "I know this isn't your fault but there were onions on the hamburger. She ate it anyway, but I thought you should know."

The waitress thanked me and the next thing I knew the manager was telling me we wouldn't have to pay for the hamburger.

I declined the offer because there was no harm done.

Of course, my daughter, being a teen, was mortified.

The waitress must have noticed because she took the time to thank me again for bringing it to her notice.

"It's important that the kitchen staff pay attention to the food orders," she said.

"What if it's an allergy issue and the person gets sick because the staff didn't look at the order?"

My daughter was a lot less mortified when the manager gave us two free pieces of chocolate cake. And the waitress received a good tip.

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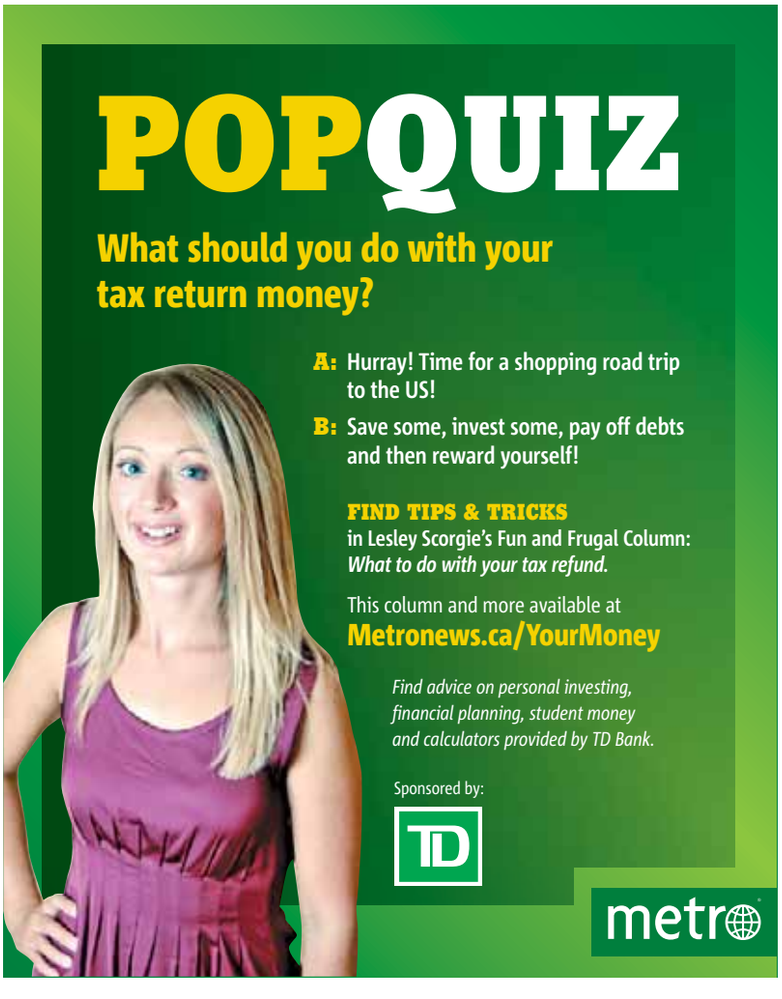
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4 sports

Tour de France. Rest day

▶ Three-time Tour de France winner Alberto Contador, centre, leans on a mailbox as he waits to begin training yesterday.

THE ASSOCIATED PRESS

Contador has steep climb ahead in quest for fourth Tour victory

Alberto Contador knows he is running out of time, and stages, to close the gap on his Tour de France rivals. After 15 of 21 stages, the Spaniard says this year's race is "probably the hardest Tour I've done," with a combination of bad luck and a niggling knee injury making it difficult for him to launch his trademark attacks in the mountains. A fourth Tour title is still within Contador's grasp, but he must first find a way to claw back a four-minute deficit on race leader Thomas Voeckler.

Quoted

"I have not been to bed yet. I probably won't get any sleep until tomorrow at some stage. You have to enjoy it while you can ... It's been a very good night."

BRITISH OPEN WINNER DARREN CLARKE. THE 42-YEAR-OLD FROM NORTHERN IRELAND BEGAN PARTYING SHORTLY AFTER HE WALKED OFF THE 18TH GREEN AT ROYAL ST. GEORGE'S SUNDAY. BEER AND RED WINE FLOWED THROUGH THE NIGHT, THE REVELRY NOT LETTING UP UNTIL CLARKE RETURNED TO ROYAL ST. GEORGE'S YESTERDAY MORNING.

Scan code for more sports.

Can NFL season be saved?

League to update team execs if labour deal approved Thursday, sources say Topics would reportedly include the rookie salary system, guidelines for player transactions

Two people familiar with talks to end the NFL lockout tell The Associated Press that if an agreement is ratified by Thursday, team executives will be briefed starting that day on how the deal's terms affect league business.

The people said the league's 32 clubs were told yesterday that topics would include the rookie salary system and guidelines for player transactions. They spoke to the AP on condition of anonymity because the process is supposed to remain confidential.

Owners are scheduled to hold a meeting in Atlanta on Thursday, where they could ratify a new labour contract — if one is reached by then. Club executives would be briefed in Atlanta on Thursday and Friday.

Any tentative agreement also must be approved by players, including star quarterbacks Tom Brady, Peyton Manning and Drew Brees and the other plaintiffs in a federal antitrust suit against the league.

Members of the NFL Players Association's executive committee and representatives of every team are heading to Washington tomorrow, in preparation for a possible vote.

NFLPA spokesman George Atallah said the players would be gathering "with the hope they have something to look at, and with the hope we can move forward on this."

Lawyers for the NFLPA and owners met yesterday in Manhattan to work on ending the lockout. They were joined in the afternoon by the court-appointed mediator, U.S. Magistrate Judge Arthur Boylan.

"Nobody cheers for you at mile 25 of a marathon. You still have to cross the finish line."

NFLPA SPOKESMAN GEORGE ATALLAH

"The lawyers are hard at work in New York with the language and some of the things we agreed to last week," Atallah said in Washington. "As for face-to-face meetings between the principals, we will do that as necessary."

One issue still in the way, according to one person from each side of the dispute who also spoke on condition of anonymity, is players want owners to turn over $320 million US in benefits that weren't paid during the 2010 season. Because there was no salary cap that season, the old collective bargaining agreement said NFL teams were not required to pay those benefits.

THE ASSOCIATED PRESS

Penny says Tigers are close to contending

As the Detroit Tigers celebrated a much-needed victory, Brad Penny's thoughts were on the pennant race ahead.

Although Penny recovered nicely from some early struggles on the mound Sunday, he's well aware of what it will take for the Tigers to outlast a trio of other contenders in the AL Central. If Detroit can add another starting pitcher before the trade deadline, Penny is all for it.

"You bring another guy in — another No. 1, No. 2 starter — and you get to the playoffs with this team, we can win," the right-hander said after Sunday's 4-3 win over the Chicago White Sox. "Whatever helps the team win."

Justin Verlander has been outstanding, going 12-5 with a 2.29 ERA. The rest of the starters have been more erratic. Penny, Max Scherzer and Rick Porcello have ERAs between 4.47 and 4.78, and the other slot in the rotation is even murkier.

The Tigers were off yesterday and trailed first-place Cleveland by a half-game going into last night's action. THE ASSOCIATED PRESS

LEON HALIP/GETTY IMAGES

▶ Brad Penny

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$19,995

STK# A2993

SCAN FOR DETAILS

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Extended Cab, 4x4

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$19,995

STK# P9390

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SCAN FOR DETAILS

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STK# U0212

SCAN FOR DETAILS

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$42,995

STK# P9519

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MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	58	36	.617	—
New York	56	37	.602	1½
Tampa Bay	50	44	.532	8
Toronto	47	49	.490	12
Baltimore	38	55	.409	19½

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	51	44	.537	—
Detroit	50	45	.526	1
Chicago	47	49	.490	4½
Minnesota	44	51	.463	7
Kansas City	38	58	.396	13½

WEST DIVISION

	W	L	Pct	GB
Texas	55	41	.573	—
Los Angeles	51	45	.531	4
Seattle	43	52	.453	11½
Oakland	42	54	.438	13

Yesterday's results
Cleveland 5-6 Minnesota 2-3
Boston 15 Baltimore 10
N.Y. Yankees 5 Tampa Bay 4
Chicago White Sox 5 Kansas City 2
Sunday's results
Detroit 4 Chicago White Sox 3
N.Y. Yankees 7 Toronto 2
Baltimore 8 Cleveland 3
Minnesota 4 Kansas City 3
Oakland 9 L.A. Angels 1
Texas 3 Seattle 1
Boston 1 Tampa Bay 0 (16 ings)
Tonight's games
Boston (Weiland 0-0) at Baltimore (Guthrie 3-13), 7:05 p.m.
Oakland (Moscoso 3-4) at Detroit (Porcello 8-6), 7:05 p.m.
Seattle (Pineda 8-6) at Toronto (Cecil 2-4), 7:07 p.m.
N.Y. Yankees (Colon 6-5) at Tampa Bay (Hellickson 8-7), 7:10 p.m.
Chicago White Sox (Peavy 4-3) at Kansas City (Duffy 1-4), 8:10 p.m.
Cleveland (Masterson 8-6) at Minnesota (Liriano 6-7), 8:10 p.m.
Texas (Ogando 9-3) at L.A. Angels (Chatwood 5-5), 10:05 p.m.
Tomorrow's games
Boston at Baltimore, 12:35 p.m.
Cleveland at Minnesota, 1:10 p.m.
Oakland at Detroit, 7:05 p.m.
Seattle at Toronto, 7:07 p.m.
N.Y. Yankees at Tampa Bay, 7:10 p.m.
Chicago White Sox at Kansas City, 8:10 p.m.
Texas at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	59	36	.621	—
Atlanta	57	39	.594	2½
Washington	48	48	.500	11½
New York	47	48	.495	12
Florida	47	49	.490	12½

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	50	44	.532	—
St. Louis	50	45	.526	½
Milwaukee	51	46	.526	½
Cincinnati	47	49	.490	4
Chicago	39	58	.402	12½
Houston	31	65	.323	20

WEST DIVISION

	W	L	Pct	GB
San Francisco	55	41	.573	—
Arizona	52	44	.542	3
Colorado	45	51	.469	10
Los Angeles	42	53	.442	12½
San Diego	41	55	.427	14

Last night's results
Pittsburgh 2 Cincinnati 0
Florida 4 N.Y. Mets 1
Chicago Cubs 6 Philadelphia 1
Washington 5 Houston 2
Atlanta 7 Colorado 4
Arizona 3 Milwaukee 0
L.A. Dodgers at San Francisco
Sunday's results
Philadelphia 8 N.Y. Mets 5
Cincinnati 3 St. Louis 1
Atlanta 9 Washington 8
Pittsburgh 7 Houston 5 (11 ings)
Florida 7 Chicago Cubs 5
Milwaukee 4 Colorado 3
San Francisco 4 San Diego 3 (11 ings)
Arizona 4 L.A. Dodgers 1
Tonight's games
Cincinnati (Leake 8-4) at Pittsburgh (Ja.McDonald 5-4), 7:05 p.m.
San Diego (Stauffer 5-6) at Florida (Ani.Sanchez 6-2), 7:10 p.m.
St. Louis (Lohse 8-6) at N.Y. Mets (Gee 8-3), 7:10 p.m.
Philadelphia (Cl.Lee 9-6) at Chicago Cubs (Garza 4-7), 8:05 p.m.
Washington (Zimmermann 6-7) at Houston (Happ 3-11), 8:05 p.m.
Atlanta (Beachy 3-1) at Colorado (Jimenez 5-8), 8:40 p.m.
Milwaukee (Gallardo 10-6) at Arizona (Enright 1-3), 9:40 p.m.
L.A. Dodgers (R.De La Rosa 3-4) at San Francisco (Bumgarner 4-9), 10:15 p.m.
Tomorrow's games
Cincinnati at Pittsburgh, 12:35 p.m.
Washington at Houston, 2:05 p.m.
Philadelphia at Chicago Cubs, 2:20 p.m.
L.A. Dodgers at San Francisco, 3:45 p.m.
San Diego at Florida, 7:10 p.m.
St. Louis at N.Y. Mets, 7:10 p.m.
Atlanta at Colorado, 8:40 p.m.
Milwaukee at Arizona, 9:40 p.m.

LATE SUNDAY

RED SOX 1, RAYS 0 (16 INGS)

Boston	ab	r	h	bi	Tampa Bay	ab	r	h	bi
Ellsury cf	8	0	0	0	Damon dh	6	0	1	0
Pedroia 2b	7	0	3	1	Zobrist rf	5	0	0	0
AdGnzl 1b	7	0	1	0	Longori 3b	5	0	1	0
Youkils 3b	4	0	0	0	Ktchm 1b	5	0	0	0
D.Ortiz dh	4	0	0	0	BUpton cf	6	0	0	0
Sutton pr-dh	2	0	0	0	Loaton c	3	0	0	0
J.Drew rf	3	0	0	0	Ruggin lf	3	0	0	0
DMcDn ph-rf	1	0	0	0	SRdrgz 2b	6	0	1	0
Reddck lf	5	1	0	0	Fuld lf	2	0	0	0
Varitek c	6	0	0	0	Joyce ph	1	0	0	0
Scutaro ss	5	0	1	0	Shppch c	2	0	0	0
					Brignc ss	6	0	0	0
Totals	52	1	5	1	Totals	50	0	3	0

Boston	000	000	000	000	000	1	—	1
Tampa Bay	000	000	000	000	000	0	—	0

LOB—Boston 17, Tampa Bay 6. 2B—Pedroia (21). SB—Pedroia (17), Damon (8). S—Varitek, Shoppach.

Boston	IP	H	R	ER	BB	SO
Beckett	8	1	0	0	0	6
D.Bard	1	1	0	0	1	1
Albers	1 2-3	1	0	0	0	2
F.Morales	1 1-3	0	0	0	0	1
Aceves W,5-1	3	0	0	0	0	2
Papelbon S,21-22	1	0	0	0	0	1
Tampa Bay						
Niemann	8	2	0	0	2	10
Farnsworth	1	1	0	0	2	1
Jo.Peralta	1-3	0	0	0	1	0
Howell	2-3	0	0	0	3	0
McGee	1-3	0	0	0	1	1
J.Cruz	2-3	0	0	0	0	1
C.Ramos	1	0	0	0	0	0
B.Gomes	3	0	0	0	2	3
A.Russell L,1-2	1	2	1	1	1	0

T—5:44. A—21,504 (34,078).

AUTO RACING

NASCAR SPRINT CUP

MONEY LEADERS
(all figures in U.S. dollars)
1. Carl Edwards, US$5,427,417; 2. Kyle Busch, $3,654,892; 3. Kevin Harvick, $3,550,032; 4. Kurt Busch, $3,547,701; 5. Matt Kenseth, $3,527,372; 6. Jimmie Johnson, $3,428,622; 7. Clint Bowyer, $3,217,490; 8. Denny Hamlin, $3,141,968; 9. Jeff Gordon, $3,140,247; 10. Tony Stewart, $3,085,090.
11. Ryan Newman, $3,025,373; 12. Juan Pablo Montoya, $2,927,115; 13. Bobby Labonte, $2,676,453; 14. A J Allmendinger, $2,647,727; 15. Jamie McMurray, $2,640,154; 16. Marcos Ambrose, $2,616,617; 17. Regan Smith, $2,593,343; 18. David Ragan, $2,573,888; 19. Brad Keselowski, $2,548,958; 20. David Reutimann, $2,505,490.
POINTS LEADERS
Through July 17
1. Carl Edwards, 652p points; 2. Jimmie Johnson, 645; 3. Kurt Busch, 641; 4. Kevin Harvick, 637; 5. Kyle Busch, 632; 6. Matt Kenseth, 626; 7. Jeff Gordon, 587; 8. Ryan Newman, 586; 9. Dale Earnhardt, Jr., 577; 10. (tie), Denny Hamlin and Tony Stewart, 570.
12. Clint Bowyer, 542; 13. David Ragan, 524; (tie), 14. Kasey Kahne and Greg Biffle, 523; 16. A J Allmendinger, 515; 17. Juan Pablo Montoya, 511; 18. Joey Logano, 510; 19. Paul Menard, 506; 20. Mark Martin, 500.
21. Marcos Ambrose, 495; 22. Martin Truex Jr., 485; 23. Brad Keselowski, 475; 24. David Reutimann, 448; 25. Jeff Burton, 445; 26. Brian Vickers, 415; 27. Regan Smith, 410; 28. (tie), Bobby Labonte and Jamie McMurray, 400; 30. David Gilliland, 347.

CFL

WEEK FOUR

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	3	3	0	0	109	68	6
Winnipeg	3	2	1	0	66	53	4
Hamilton	3	1	2	0	59	55	2
Toronto	3	1	2	0	56	83	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	3	3	0	0	103	55	6
Calgary	3	2	1	0	76	75	4
B.C.	3	0	3	0	75	97	0
Saskatchewan	3	0	3	0	56	114	0

Friday's game
All times Eastern
Hamilton at B.C., 10 p.m.
Saturday, July 23
Winnipeg at Toronto, 4 p.m.
Edmonton at Calgary, 7 p.m.
Sunday, July 24
Saskatchewan at Montreal, 7 p.m.

TENNIS

ATP BET-AT-HOME OPEN

At Hamburg, Germany
Yesterday's results
Singles — First Round
Sergiy Stakhovsky, Ukraine, def. Maximo Gonzalez, Argentina, 6-2, 6-3.
Jarkko Nieminen, Finland, def. Santiago Giraldo, Colombia, 6-4, 6-3.
Albert Ramos, Spain, def. Adrian Mannarino, France, 6-2, 6-4.
Bastian Knittel, Germany, def. Ivan Dodig, Croatia, 6-4, 6-3.
Victor Crivoi, Romania, def. Guillermo Olaso, Spain, 6-4, 6-3.
Carlos Berlocq, Argentina, def. Robin Haase, Netherlands, 6-2, 6-2.
Tobias Kamke, Germany, def. Pere Riba, Spain, 6-1, 6-1.
Lukas Rosol, Czech Republic, def. Potito Starace, Italy, 7-6 (5), 6-1.
Julian Reister, Germany, def. Denis Istomin, Uzbekistan, 6-3, 6-4.

WTA BAKU CUP

At Baku, Azerbaijan
Singles — First Round
Mariya Koryttseva, Ukraine, def. Elena Baltacha (6), Britain, 6-1, 7-5.
Galina Voskoboeva, Kazakhstan, def. Sofia Shapatava, Georgia, 6-0, 6-0.
Vesna Dolonts, Russia, def. Alona Bondarenko, Ukraine, 6-3, 6-3.
Doubles — First Round
Tetyana Arefyeva, Ukraine, and Anastasiya Yakimova, Belarus, def. Anastasia Pavlyuchenkova and Vera Zvonareva (3), Russia, 6-3, 6-3.
Daniella Dominikovic, Australia, and Nopawan Lertcheewakarn, Thailand, def. Ekaterine Gorgodze, Georgia, and Maria Zharkova, Russia, 7-6 (5), 4-6, 10-4 (tiebreak).
Nigina Abduraimova, Uzbekistan, and Kamilla Farhad, Azerbaijan, def. Sofia Kvatsabaia, Georgia, and Marina Shamayko, Russia, 6-4, 6-3.

ATP ATLANTA CHAMPIONSHIPS

At Norcross, Ga.
Singles — First Round
Somdev Devvarman (8), India, def. Ryan Sweeting, U.S., 6-4, 3-6, 6-4.
Michael Russell, U.S., def. Donald Young, U.S., 6-0, 6-3.
Gilles Muller, Luxembourg, def. Alex Bogomolov, Jr., U.S., 6-3, 7-6 (6).
Tatsuma Ito, Japan, def. Michael Berrer, Germany, 7-6 (6), 6-4.
James Blake, U.S., def. Ernests Gulbis, Latvia, 5-7, 7-6 (5), 6-2.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Philadelphia	19	8	4	7	24	16	31
New York	21	6	4	11	34	24	29
Columbus	19	7	5	7	21	19	28
Houston	20	5	6	9	24	23	24
D.C. United	18	5	5	8	24	29	23
Kansas City	19	5	6	8	24	25	23
Chicago	20	2	6	12	20	25	18
Toronto	21	3	9	9	17	36	18
New England	19	3	9	7	16	27	16

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	21	10	2	9	27	16	39
Seattle	22	10	4	8	32	23	38
Dallas	20	10	5	5	26	19	35
Real Salt Lake	17	8	3	6	23	12	30
Colorado	21	6	6	9	25	27	27
San Jose	19	5	6	8	22	21	23
Chivas USA	20	5	7	8	24	23	23
Portland	18	6	9	3	22	31	21
Vancouver	20	2	10	8	19	28	14

Note: Three points for a win, one for a tie.
Sunday's result
Philadelphia 3 New England 0
Tomorrow's games
All Times Eastern
New England at D.C. United, 7:30 p.m.
Dallas at Toronto, 8 p.m.
New York at Colorado, 9:30 p.m.
Vancouver at San Jose, 10 p.m.
Columbus at Los Angeles, 10:30 p.m.
Saturday, July 23
Dallas at New York, 6 p.m.
Portland at Columbus, 8 p.m.
Toronto at Kansas City, 8:30 p.m.
New England at Colorado, 9 p.m.
San Jose at Real Salt Lake, 10 p.m.
Houston at Chivas USA, 10:30 p.m.

2011 FIFA WOMEN'S WORLD CUP

FINAL

Sunday's result
At Frankfurt
Japan 2 U.S. 2
(Japan wins title 3-1 on penalty kicks)

2011 COPA AMERICA

At Sites in Argentina

QUARTER-FINALS

Sunday's results
At La Plata
Brazil 0 Paraguay 0
(Paraguay advances 2-0 on penalties)
At San Juan
Venezuela 2 Chile 1

SEMIFINALS

Tonight's game
All Times Eastern
At La Plata
Peru vs. Uruguay, 8:45 p.m.
Tomorrow's game
At Mendoza
Paraguay vs. Venezuela, 8:45 p.m.

NASL

Sunday's results
Atlanta 2 Montreal 2
Tampa Bay 2 Edmonton 1
Puerto Rico 1 Minnesota 0
Tomorrow's game
All Times Eastern
Fort Lauderdale at Puerto Rico, 8:05 p.m.

GOLF

PGA FEDEXCUP LEADERS

Through July 17

	Points	Money
1. Nick Watney	1,798	$4,189,233
2. Steve Stricker	1,741	$3,497,523
3. K.J. Choi	1,561	$3,694,242
4. Phil Mickelson	1,531	$3,186,521
5. Bubba Watson	1,486	$3,064,485
6. Luke Donald	1,455	$3,550,248
7. Mark Wilson	1,365	$2,736,690
8. Matt Kuchar	1,306	$2,878,861
9. Webb Simpson	1,284	$2,557,043
10. David Toms	1,280	$2,920,730
11. Gary Woodland	1,275	$2,428,363
12. Brandt Snedeker	1,191	$2,392,395
13. Jason Day	1,181	$2,776,587
14. Dustin Johnson	1,170	$2,636,965
15. Fredrik Jacobson	1,166	$2,117,034
16. Martin Laird	1,165	$2,348,956
17. Jonathan Byrd	1,154	$2,358,204
18. Rory Sabbatini	1,153	$2,222,325
19. Aaron Baddeley	1,112	$2,329,848
20. Hunter Mahan	1,072	$2,181,312
21. Charl Schwartzel	1,034	$2,171,272
22. Bill Haas	958	$1,750,741
23. Charles Howell III	955	$1,763,768
24. Steve Marino	935	$1,821,556
25. D.A. Points	905	$1,719,033
26. Spencer Levin	904	$1,740,806
27. Chris Kirk	902	$1,730,397
28. Jhonattan Vegas	896	$1,586,468
29. Keegan Bradley	891	$1,822,168
30. Zach Johnson	855	$1,482,972
31. Ryan Palmer	853	$1,661,145
32. Jason Dufner	813	$1,678,060
33. Vijay Singh	799	$1,532,130
34. Y.E. Yang	782	$1,678,189
35. Ryan Moore	782	$1,520,023
36. Lucas Glover	767	$1,503,572
37. Justin Rose	760	$1,469,920
38. Brendan Steele	756	$1,460,104
39. Tommy Gainey	745	$1,457,851
40. Bo Van Pelt	744	$1,507,116
Also		
128. Stephen Ames	**289**	**$482,930**
131. David Hearn	**279**	**$417,594**

CYCLING

TOUR DE FRANCE

STANDINGS

Following Sunday's 15th stage
1. Thomas Voeckler, France, Europcar, 65 hours, 24 minutes, 34 seconds; 2. Frank Schleck, Luxembourg, Leopard-Trek, 1:49 behind leader; 3. Cadel Evans, Australia, BMC, 2:06; 4. Andy Schleck, Luxembourg, Leopard-Trek, 2:15; 5. Ivan Basso, Italy, Liquigas-Cannondale, 3:16; 6. Samuel Sanchez, Spain, Euskaltel-Euskadi, 3:44; 7. Alberto Contador, Spain, Saxo Bank Sungard, 4:00; 8. Damiano Cunego, Italy, Lampre-ISD, 4:01; 9. Tom Danielson, U.S., Garmin-Cervelo, 5:46; 10. Kevin De Weert, Belgium, Quick Step, 6:18.
11. Rigoberto Uran, Colombia, Sky Procycling, 7:55; 12. Jean-Christophe Peraud, France, AG2R La Mondiale, 8:20; 13. Rein Taaramae, Estonia, Cofidis, 9:02; 14. Pierre Rolland, France, Europcar, 9:20; 15. Haimar Zubeldia, Spain, RadioShack, 9:50; 16. Peter Velits, Slovakia, HTC-Highroad, 10:01; 17. Arnold Jeannesson, France, Francaise des Jeux, 10:05; 18. Nicolas Roche, Ireland, AG2R La Mondiale, 10:56; 19. Sandy Casar, France, Francaise des Jeux, 11:54; 20. Jelle Vanendert, Belgium, Omega Pharma-Lotto, 12:06.
Canadian — 32. Ryder Hesjedal, Victoria, Garmin-Cervelo, 25:18 behind.

TRANSACTIONS

BASEBALL

MLB—Announced Boston DH David Ortiz and Baltimore RHP Kevin Gregg had their four-game suspensions reduced to three games.

AMERICAN LEAGUE

BALTIMORE ORIOLES—Signed SS J.J. Hardy to a three-year contract extension. Placed RHP Alfredo Simon on the restricted list. Recalled 3B Josh Bell from Norfolk (IL). Selected the contract of RHP Mark Worrell from Norfolk. Recalled INF Josh Bell from Norfolk.
BOSTON RED SOX—Activated OF Carl Crawford from the 15-day DL. Optioned INF Drew Sutton to Pawtucket (IL).
CLEVELAND INDIANS—Placed OF Grady Sizemore on the 15-day DL. Recalled RHP David Huff from Columbus (IL).
NEW YORK YANKEES—Placed INF Ramiro Pena on the 15-day DL. Recalled INF Brandon Laird from Scranton/Wilkes-Barre (IL).
TAMPA BAY RAYS—Recalled C Robinson Chirinos, RHP Alex Cobb and LHP Alex Torres from Durham (IL). Designated RHP Adam Russell for assignment. Placed C Jose Lobaton and RHP Juan Cruz on the 15-day DL.
TORONTO BLUE JAYS—Reinstated RHP Jesse Litsch from the 15-day DL and optioned him to Las Vegas (PCL).

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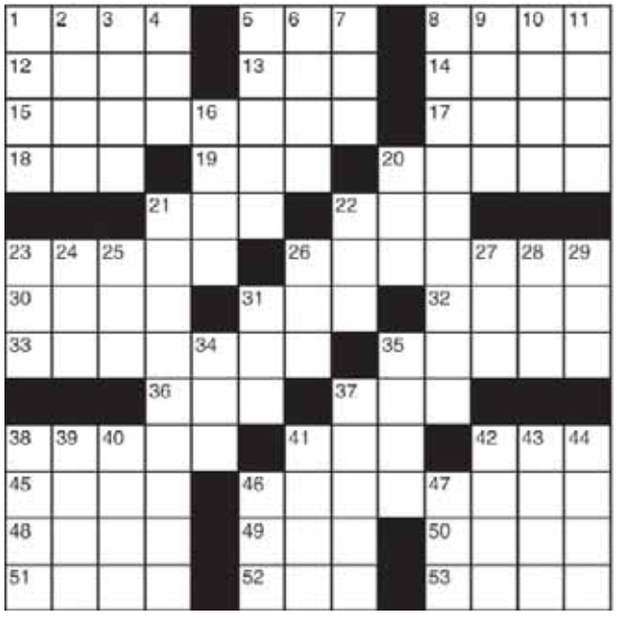

Across

1 Completely occupy
5 Bashful
8 Taxis
12 Vicinity
13 Started
14 Fairy tale baddie
15 Hides
17 Tide type
18 Halves of ems
19 Tear
20 No liability
21 Prisoner
22 Insecticide letters
23 Choir members
26 Interpret wrongly
30 Bridle strap
31 Peace (Lat.)
32 Very unattractive
33 The Alamo, e.g.
35 Range
36 Explosive letters
37 Write in the margins
38 Hybrid eating utensil
41 Triumphed
42 Luau bowlful
45 Arizona tribe
46 Solidifies
48 Oil cartel
49 In vitro cells
50 Billion (Pref.)
51 Fender bender
52 Affirmative
53 Black and white?

Down

1 Confront
2 Press
3 Camera part
4 Fond du —, Wis.
5 Dispatched
6 Aid
7 Football meas.
8 Build
9 A very long time
10 Highland hillside
11 Labor Day mo.
16 Love god
20 Billboards
21 Squeeze
22 New Jersey fort
23 Upper limb
24 Floral garland
25 "— the season ..."
26 Fellow
27 Id counterpart
28 Swiss mountain
29 Colouring agent
31 Cauldron
34 Tattooist's supply
35 Melody
37 Surname of singing siblings Joe, Nick and Kevin
38 Not barefoot
39 Vatican VIP
40 Remove the lid
41 Used a loom
42 Twosome
43 Gymnast Korbut
44 "— a Little Prayer"
46 Demure
47 Silly Putty container

▶ Monday's answer

Sudoku

		4	7		2	6		
	9	5		1			4	
7		2				1	5	3
4			6		9			7
	6			7			3	
8			2		3			5
1	4	6				3		9
	2			3		5	8	
		8	9		7	4		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

3	8	6	1	9	2	7	4	5
9	4	2	3	7	5	6	1	8
7	5	1	8	4	6	2	9	3
5	2	7	4	1	9	3	8	6
6	1	8	2	3	7	9	5	4
4	3	9	5	6	8	1	2	7
1	9	3	7	5	4	8	6	2
8	7	4	6	2	1	5	3	9
2	6	5	9	8	3	4	7	1

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Christian the Great, You are far more interesting than you are good looking. Embrace the heat.
ELENORE

Steven, hope your having fun at Auntie Aimee and uncle Dans!!! I miss you very much cant wait for you to come home love you pooh bear!!!!!!!!!!!!!! Xxxxxxxxxxxxxxxxxooooo ooooooooooo
GRANDMA PATTIE

Hon, how much I missed you and miss you, do you have any clue? There is not a single second I don't think about you. How are you my love?
BROWN LOVER LOOKING 4U

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 13° Max 25°	Min 12° Max 20°	Min 10° Max 21°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Don't take risks today, and especially don't take risks with your money.

♉ Taurus April 21-May 21 If you step out of line today there will be someone waiting to pounce on your mistake.

♊ Gemini May 22-June 21 You don't need to push your luck today, you just need to be yourself.

♋ Cancer June 22-July 22 Steer clear of extremes.

♌ Leo July 23-Aug.23 You can, of course, get what it is you desire through sheer force of personality, but a better way by far is to get it through charm and cooperation.

♍ Virgo Aug. 24- Sept. 22 You may have done something wonderful (you often do) but resist the urge to brag about it.

♎ Libra Sept. 23-Oct. 23 No matter how lucky you feel you must not take foolish risks, because once you start you won't be able to stop.

♏ Scorpio Oct. 24-Nov. 22 You want to be trusting, you want to believe that people won't let you down, but your suspicious nature won't allow it.

♐ Sagittarius Nov. 23-Dec. 21 Everyone has faults, even a Sag, and there is no shame in admitting that fact to yourself.

♑ Capricorn Dec. 22-Jan. 20 Listen to what your sixth sense is trying to tell you, even if your logic circuits can make no sense of it.

♒ Aquarius Jan. 21-Feb. 18 Decide what your priority is going to be and stick with it come what may.

♓ Pisces Feb. 19-March 20. Don't let it annoy you that some people question the things you most deeply believe in.

SALLY BROMPTON

Caption contest

PETR DAVID JOSEK/THE ASSOCIATED PRESS

GERO BRELOER/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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